

Easy Salmon

Recipe by Chef Tre Wilcox

Executive Chef - Marquee Grill, Dallas, TX

Servings: 8

Preparation Time: 30 minutes

Ingredients

For the garnish:

1/2 cup olive oil

1/4 cup Roma Tomatoes – seeded and diced

3 tablespoons orange – peeled and diced

3 tablespoons grapefruit – peeled and diced

2 teaspoons chives – chopped fine

For the salmon:

1/4 cup grapeseed oil

8 3-oz pieces atlantic salmon fillets – skinned and boned

salt to taste

Directions

For the salmon:

Heat grapeseed oil in two large saute pans. When oil begins to smoke, sear salmon on presentation side (skin side up) for two minutes. Turn salmon over and cook one more minute, then remove pan from heat. Allow salmon to rest in saute pan for another one minute. Serve right away.

For the plate up:

In the center of large, round plate place one filet on salmon. In a small plastic cup, mix olive oil with citrus, chives and tomatoes. Spoon sauce over salmon, making sure each plate has some of the citrus segments, tomatoes and chives. Serve.



Total Nutrition Facts (per serving)

Calories	342
Total Fat	27g
Saturated Fat	4g
Cholesterol	.60mg
Sodium	340mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	22g